



## All Stars™

### Proven Results

- Increased commitment to avoid substance use and other high-risk behaviors
- Increased adoption of a belief in positive peer group norms that make substance use, violence, and premature sexual activity unacceptable
- Reduced substance abuse by 40% to 60%\*
- Reduced sexual activity 80%\*
- Increased belief that substance use and high-risk behaviors would interfere with one's desired lifestyle
- Increased bonding to school

\*At immediate posttest.



**All Stars™** is a school- or community-based program designed to delay the onset of or prevent high-risk behaviors in middle school-age adolescents, 11 to 14 years old. It affects youth substance use, violence, and premature sexual activity by fostering development of positive personal characteristics. A highly interactive program, All Stars involves 9 to 13 lessons during its first year and 7 to 8 booster lessons in its second year.

All Stars is based on strong research that has identified the critical factors that lead young people to begin experimenting with substances and participating in other high-risk behaviors. The program is designed to reinforce positive qualities typical of youth at this age; it works to strengthen five specific qualities vital to achieving preventive effects:

- Developing positive ideals and future aspirations
- Establishing positive norms
- Building strong personal commitments
- Promoting bonding with school and community organizations
- Promoting positive parental attentiveness

All Stars is available in formats for delivery in schools as part of regular classroom instruction and in after-school and community-based organizations and programs.

### INTENDED POPULATION

The All Stars core program is designed for young adolescents, typically sixth and seventh graders, before they have begun to participate in the targeted risky behavior. NREPP\* reviewed evaluations of the program with grades 6 and 7. However, program initiation depends on the school system's structure. The booster program is designed for implementation 1 year after the core sessions. All Stars has been tested in rural, suburban, and urban settings with children from diverse ethnic and socioeconomic backgrounds, in numerous States.

All Stars Junior (currently under evaluation) is designed as a preparatory intervention for fourth and fifth grade students, and is taught as part of science, math, and language arts classes. All Stars Senior (also currently under evaluation) is designed as a high school followup taught in health classes.

### HOW IT WORKS

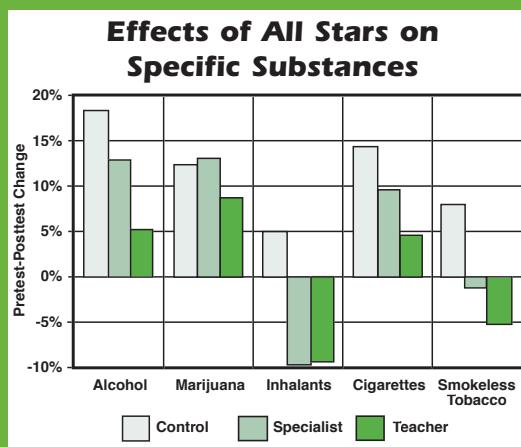
All Stars is a guided multiyear program that is delivered to all students or group members on a weekly basis. The program is packaged in three



## OUTCOMES

Short-term results for All Stars indicated:

- Improvements in each of the risk and protective factors targeted by the program
- Reductions in substance use
- Delays in the onset of sexual activity
- Better results with the teacher format than the specialist format



## CONTACT INFORMATION

For training and program information, contact:

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different formats (described below), each designed to meet a specific need.

The **teacher format** is designed for use by classroom teachers. It is recommended that delivery be augmented with the assistance of school guidance counselors.

The **specialist format** is designed for use by prevention professionals from community prevention agencies who visit schools or organizations as outside experts. It has the same classroom lessons and activities as the teacher format.

The **community format** is designed for use in nonclassroom settings including after-school programs, faith community and community programs, recreation programs, and day camps.

In each format, students are engaged through small group activities, group discussions, enjoyable and meaningful worksheet tasks, videotaping, games, and art activities.

## IMPLEMENTATION ESSENTIALS

### Training

A 2-day training session, provided by Tanglewood Research staff and authorized trainers, is highly recommended for teachers and anyone who plans to deliver the program. Teachers who have run the program report (as preliminary research also suggests) that continued training significantly boosts program effectiveness.

Training includes:

- A thorough explanation of key concepts that underlie the program
- An introduction to methods, including strategies for addressing unanticipated events
- Continuing toll-free telephone technical assistance

## PROGRAM DEVELOPER

### William B. Hansen, Ph.D.

Dr. William B. Hansen, president of Tanglewood Research, is a widely recognized expert in substance abuse prevention. The goal of his research has been to identify and evaluate evidence-based prevention programs that reduce the onset of substance use and that can be applied in everyday settings.

\* National Registry of Effective Programs and Practices

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Program detail and citations can be obtained at  
<http://modelprograms.samhsa.gov>

## SAMHSA Model Programs

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